

Balancing Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

Foods to Increase

- Make half your plate fruits and vegetables.
- Make At Least Half Your Grains Whole Grains.
- Switch to fat-free or low-fat (1%) milk.

Foods to Reduce

- Compare sodium in foods like soup, bread and frozen meals – choose the foods with lower numbers.
- Drink water instead of sugary drinks.

Dietary Guidelines 2010

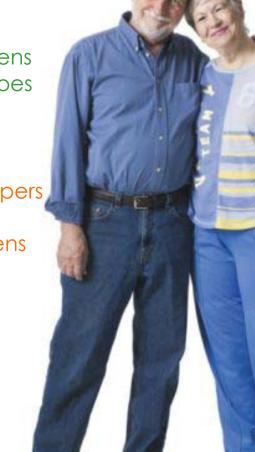
Take action on the Dietary Guidelines by making changes in these three areas. Choose steps that work for you and **start today**.



Collard Greens

JOINTS

Cherries
Pineapple
Blackberries



BRAIN

Blueberries Strawberries Spinach

HEART

Bananas Watermelon Tomatoes

BONES

Kale Arugula Broccoli



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Butternut Squash Cantaloupe Garlic Oranges

ANTIOXIDANTS

Artichokes Cranberries Dried Plums Raisins